



APPETITE CONTROL CHEWS

Help fight snack cravings and reduce your appetite with IDLife Appetite Control Chews. These chews are individually wrapped, making them perfect for an on-the-go lifestyle.*



DIRECTIONS:

Eat 1-2 chews 30 minutes before a meal or whenever appetite control is desired.

AVAILABLE FLAVORS:

- Chocolate

BENEFITS:

- Natural Flavors and Sweeteners
- Powered by Advantra Z®
- Portable
- Helps Support Weight Loss

FAQs:

WHY IS THIS PRODUCT BETTER THAN COMPETITORS' PRODUCTS?

The IDLife Appetite Control Chews contain the patented Advantra Z® ingredient that has been clinically proven to help boost metabolism, promote thermogenesis and suppress appetite. The Chews are also designed in a delicious chocolate flavor that provides the appetite suppression you want in a 15 calorie treat that will have you feeling like you're sneaking in a little cheat on your program.

WHAT IS ADVANTRA Z®?

Advantra Z® is an extract of a citrus fruit, bitter orange (*C. aurantium*), containing a family of indirect acting adrenergic amines (B-sympathomimetics). These facilitate utilization of energy substrates, stimulate metabolic processes, favor uptake of amino acids into muscle, increase lipolysis (the breakdown of fat) and can exert hunger-suppressant effects. For more information, you can review www.AdvantraZ.com

HOW DOES THE CHEW AFFECT ONE'S METABOLISM? DOES IT CAUSE JITTERS LIKE SOME OTHER DIET PRODUCTS DO?

More than 30 research studies and scientific reviews support the efficacy and safety of bitter orange. Most have used Advantra Z® rather than generic bitter orange extracts because of its consistent quality. Clinical efficacy studies have found that bitter orange produces an increase in resting metabolic rate and is effective in inducing weight loss and reducing body fat more than diet and exercise alone, all without causing adverse side effects. Analyses of Advantra Z's® safety have shown that this ingredient has no effect on blood pressure or heart rate and is considered safe for human consumption.

I NOTICED THAT THE APPETITE CHEW AND THE ENERGY CHEW BOTH HAVE ADVANTRA Z®. WHY DO BOTH PRODUCTS HAVE THIS INGREDIENT?

Advantra Z® stimulates thermogenesis, which increases the resting metabolic rate, and the rate at which fat is released from what the body stores. In the Appetite Control Chew, this promotes appetite suppression and other intended benefits. In the Energy Chew, when combined with the other ingredients, the ingredient promotes an increase in energy, mental focus, performance and general feeling of wellbeing.

HOW MANY APPETITE CHEWS ARE SAFE TO TAKE PER DAY?

The recommended dosage is four per day. It is safe to take two between breakfast and lunch and two between lunch and dinner.

*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

Supplement Facts		
Serving Size: 1 Chew		
Servings Per Container: 15		
	Amount Per Serving	% Daily Value*
Calories	15	
Calories from Fat	2.5	
Total Carbohydrate	4 g	1%
P-Synephrine (from Citrus Aurantium Extract)	50 mg	**

*Percent Daily Values are Based on a 2,000 Calorie Diet.
**Daily Value Not Established.

OTHER INGREDIENTS:
Maltitol Syrup, Isomalt, Maltodextrin, Natural Flavors, Cocoa Powder, Palm Oil, Sunflower Lecithin, Gelatin, Glycerin, Stevia.



The majority of Americans struggle with managing their weight. Many turn to unhealthy diets and gimmicks because they simply don't know where to start or have become overwhelmed with options.

THE PROBLEM:

- People are eating an unnecessarily high number of calories for snacks; an average of 586 calories for women and 421 calories for men per day. This could easily be considered a fourth meal of the day and is a leading contributor to the growing count of overweight individuals.
- Sarcopenia, or the loss of lean muscle mass at roughly 1% annually, begins in women at age 35 and men at age 40, resulting in lower metabolism and unwanted weight gain.

THE SOLUTION:

- IDLife Appetite Chew is a 15 calorie chocolate treat that gets you past the midday snack cravings that lead to those unwanted pounds and sabotage your health goals.
- IDLife Lean is a metabolic-boosting thermogenic that helps support the development of lean muscle while busting the sugar cravings that could derail your weight management goals.

"I absolutely love our Appetite Chews! They actually remind me of a tootsie roll." —Preshane Payton